

What is claimed is:

1. A beverage, comprising the zinc-oligopeptide of claim 1, in combination with at least one ingredient selected from the group consisting of vitamin-C, vitamin-B₁, Vitamin-B₂, fructose, α -amylase decomposed starch and magnesium stearate.

2. The beverage as set forth in claim 1, wherein 99.5 % of the zinc-oligopeptide is mixed with 0.01-0.05 % of vitamin-C, 0.01-0.05 % of vitamin-B₁, 0.01-0.05 % of vitamin-B₂, 4.0-5.0 % of α -amylase decomposed starch, and/or 0.1-0.05 % of magnesium stearate, based on the total weight of the beverage except for water.

3. A capsule or tablet, prepared by dehydrating the zinc-oligopeptide beverage of claim 1.